

**HUBUNGAN POLA MAKAN DAN RIWAYAT PENYAKIT  
INFEKSI DENGAN KEJADIAN STUNTING DI DESA JABUNG  
KECAMATAN PANEKAN KABUPATEN MAGETAN**

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**ABSTRAK**

**Latar Belakang:** *Stunting* adalah masalah gizi yang harus segera diperbaiki karena menyangkut masa depan bangsa, faktor langsung yang mempengaruhi status gizi adalah faktor makanan yang dikonsumsi dan penyakit infeksi. **Tujuan:** Mengetahui hubungan antara pola makan dan riwayat penyakit infeksi dengan kejadian *stunting* pada balita di Desa Jabung Kecamatan Panekan Kabupaten Magetan. **Metode:** Menggunakan desain penelitian observasional pendekatan *cross sectional*. Sampel yaitu 47 responden. Menggunakan *Proporsional random sampling*, pengambilan sampel dengan mempertimbangkan unsur atau kategori dalam populasi penelitian. Teknik pengumpulan data dengan wawancara dan pengukuran langsung, penimbangan berat badan dan pengukuran tinggi badan. **Hasil:** Balita yang mengalami *stunting* sebanyak 31 balita (66%). Sebagian besar balita *stunting* berusia di atas 24 bulan sebanyak 22 balita. Penerapan pola makan tidak sesuai dengan balita mengalami *stunting* 26 balita (55,3%), balita yang memiliki riwayat Penyakit Infeksi dalam 3 bulan terakhir dengan balita mengalami *stunting* sebanyak 27 balita (57,5%). Dengan uji *Chi Square* ada hubungan antara pola makan terhadap kejadian *stunting* diperoleh nilai  $P = 0,00$ . Nilai  $P < 0,05$  dan ada hubungan antara riwayat penyakit infeksi dengan kejadian *stunting* diperoleh nilai  $P = 0,00$ . Nilai  $P < 0,05$ . **Kesimpulan dan saran:** Ada hubungan antara pola makan dan riwayat penyakit infeksi dengan kejadian *stunting* di Desa Jabung Kecamatan Panekan Kabupaten Magetan. Upaya yang disarankan dengan penyuluhan mengenai gizi kepada orangtua balita oleh petugas kesehatan sehingga meningkatnya penerapan pola makan yang baik dan menjaga kesehatan balita agar terhindar dari penyakit infeksi guna mencegah *stunting*.

**Kata Kunci:** Status gizi, pola makan, riwayat penyakit infeksi, *stunting*, pola makan pada balita.

**THE RELATIONSHIP BETWEEN EATING PATTERN AND A  
HISTORY OF INFECTIOUS DISEASE WITH STUNTING AT JABUNG  
VILAGE PANEKAN SUBDISTRICT IN MAGETAN REGENCY**

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**ABSTRACT**

**Background:** Stunting is a nutritional problem that must be corrected immediately because it involves the future of the nation, the direct factors that affecting nutritional status are the factors of food consumed and infectious diseases. **Objective:** To determine the relationship between eating pattern and a history of infectious disease with stunting at Jabung vilage Panekan subdistrict in Magetan regency **Method:** This is an observational research design with cross sectional approach. 47 respondents used as sample. Sampling method proportional random sampling was used. The sample was taken by considering the elements or categories in the study population. Data collection techniques was interview and direct measurement, weighing and measuring height. **Results:** There were 31 toddlers who experienced stunting (66%). Most of the stunting toddlers aged over 24 months were 22 toddlers. The application of a diet that was not suitable for children under five who experienced stunting were 26 toddlers (55.3%), a number of 27 toddlers (57.5%) had a history of infectious diseases in the last 3 months and experienced stunting. With the Chi Square test, there was a relationship between diet and the incidence of stunting, the value of  $P = 0.00$  is obtained.  $P$  value  $<0.05$  and there was a relationship between a history of infectious disease and the incidence of stunting, the value of  $P = 0.00$  was obtained.  $P$  value  $<0.05$ . **Conclusions and suggestions:** There is a The Relationship Between Eating Pattern and a history of infectious Disease with Stunting at Jabung Vilage Panekan Subdistrict in Magetan Regency. The suggested effort is providing nutrition education for toddler's parents by health workers, so that can increase the application of a good diet and maintain the toddlers health in order to avoid infectious diseases to prevent stunting.

**Keywords:** nutritional status, diet, history of infectious disease, stunting, diet in toddlers.